

Quick Action Items!

The following are things that you can do to **Get Involved ASAP**:

- Sign up for the **Parent and Guardian Newsletter**, and/or share this resource with others you think may be interested. See the Parent and Guardian Newsletter section in this newsletter for more information.
 - Time needed: 5 minutes
- Visit the Alliance social media, and like or share a post. This month's posts will include National Impaired Driving Month, alternative holiday activities, and multiple awareness days.
 - Time needed: 5 minutes
- Sign up for the What Do You Know About Opioids? workshop, and/or share our social media post and **poster**. We appreciate help spreading the word on this free workshop.
 - Time needed: 5 minutes



Alliance Updates

Alliance Meeting Time and Format Changes

After gathering input from our members, we have a new meeting schedule for 2023! We will continue meeting every other month but will begin alternating between online and in-person. We hope to have many opportunities for partnership outside of the set meetings, including working on our Community Health Improvement Plan goals. We will be sending out email invites for each meeting soon. Until then, view the 2023 schedule below and mark your calendars!

January 17th: 10:30AM - 12PM (virtual)

March 21st: 10:30AM-12PM (in-person, location TBD)

May 16th: 10:30AM-12PM (virtual)

July 18th: 10:30AM-12PM (in-person, location TBD)

September 19th: 10:30AM-12PM (virtual)

November 14th: 10:30AM-12PM (location TBD)

If you have a location available for hosting an in-person Alliance meeting, please email **Kassandra Jain**.

Parent Newsletter

The Alliance has begun distributing a quarterly newsletter for parents and guardians to provide parents with more information on drugs and alcohol, children's mental health, and connections between these topics.

This newsletter will include information on upcoming trends, new or popular substances, how to encourage positive habits and healthy coping skills, and resources for starting conversations with children on drugs and alcohol. The **first issue** of the newsletter was emailed out on September 25th, and the second issue will be sent out in the first week of December.

Sign up for the Parent and Guardian Newsletter **here**.

What Do You Know

About Opioids?

Join us in the Eau Claire Conference Room at Banbury Place on Thursday, December 15th from 5:30PM to 7PM. Come learn more about opioids in Eau Claire County and what you can do to prevent and reverse an opioid overdose with Narcan. Participants can register [here](#) or visit

[GetInvolvedASAP.org](https://getinvolvedasap.org) and look for the "What Do You Know About Opioids?" tab to learn more.

All are welcome to join! Help us spread the word by hanging a flyer at your organization. Download a printable version [here](#).

WHAT DO YOU KNOW ABOUT OPIOIDS?

Thurs, Dec 15th
5:30PM - 7PM
Banbury Place

- ✓ Join us to learn
 - What are opioids
 - Medication storage and disposal
 - Signs of an opioid overdose
 - How to use Narcan and Fentanyl Test Strips
 - Free Narcan spray will be available

✓ Free registration! Please register by *December 13th*

✓ Questions? Email Sarah Dillivan-Pospisil at Sarah.DillivanPospisil@eauclairecounty.gov

Program is supported by the Eau Claire City-County Health Department and the Alliance for Substance Misuse Prevention

This workshop is cohosted by
 AT THE ROOTS LLC

Altoona Freshman Advocacy Training

Throughout the month of October, two Alliance staff provided a class to all freshman at Altoona High School on how to be an advocate in their school. Topics areas covered included were communication styles, bystander intervention, calling in vs calling out, and respect. The purpose of the class was to strengthen the students' relationships with their friends and peers and to set them up for success for the next four years.

Retailer Training

On November 9th, 16 retailers attended an alcohol and tobacco retailer ID check training. This class is taught in partnership with the Alliance, Eau Claire City-County Health Department, and Eau Claire Police Department. Participants learned impacts of underage drinking & tobacco use, how to correctly read an ID, how to spot fake IDs, and how to deny sales to minors. The next training will be in April 2023.



SAFE Student Day Training

On October 20th, the Alliance hosted a SAFE (Students Advocating for Excellence) Student Advocacy Training. Over 50 students from Eau Claire County high schools and middle schools attended this training. The SAFE training was an opportunity for students to connect with students from other high schools and learn about issues facing teens in Eau Claire County. Students learned about mental health, healthy relationships, substance misuse prevention and how to be an advocate.

See the WQOW story run on [SAFE Student Training Day](#).

Tobacco Compliance Checks



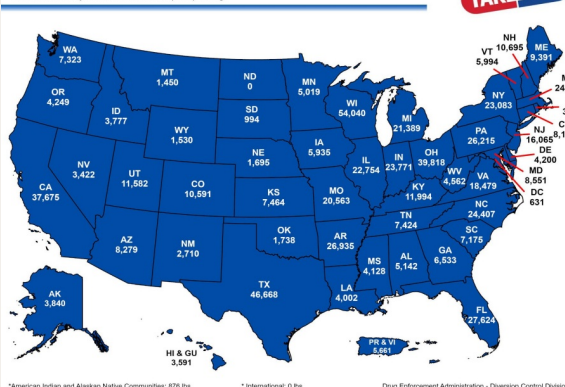
On November 17th, two Eau Claire County youth along Eau Claire City-County Health Department employees completed 16 tobacco compliance checks at businesses in the City of Eau Claire. All 16 retailers passed their compliance checks! More compliance checks are expected to happen in the next couple of months.

WI Wins is a statewide effort involving teams of adults and youth (16 – 17 years old) working to prevent sales of tobacco products to anyone younger than 18 years old. WI Wins teams visit anywhere tobacco products are sold. This could be a corner store, bar or tavern, gas station or discount department store. Attempts are made to purchase tobacco products and information is collected regarding the investigation. Compliance checks are conducted to ensure the businesses in our community do not sell tobacco to minors.

23rd National Take Back Day: October 29, 2022

Total Weight Collected: 647,163 Pounds (324 Tons)

*Collection results may include materials other than prescription drugs



National Prescription Drug Take-Back Day Results

At the October 2022 Take-Back event, Wisconsin continued to lead in the most medication collected for safe disposal with 54,040 pounds! Eau Claire County contributed over 660 pounds from Take Back Day events and permanent disposal locations. Thank you to those who participated or

volunteered!

View the [DEA's full report here](#) and the [WIDOG's news release here](#).



Real Talks: Campaign to Prevent and Reduce Substance Use

In response to rising rates of substance use across Wisconsin, Governor Tony

Evers, the Department of Health Services and Department of Justice have unveiled [Real Talks Wisconsin](#), an effort to give residents the information they need to keep themselves, their families, and their communities healthy and safe.

Real Talks Wisconsin promotes frequent conversations to prevent and reduce substance use through supportive relationships. Real talks are based on asking open-ended questions, having empathy, and helping problem solve.

Visit their [partner resources webpage](#) to find ready to use resources like social media posts, drop-in articles, public services announcement scripts, and more.

From our partners at [Wisconsin Department of Health Services](#).

Health Equity

Data Equity

An important aspect of health equity that is often overlooked is data equity. The topic

of data equity is complex, but includes:

- Collection of data
- Analysis of data
- Distribution of data
- Ownership of data

For example, researchers might survey a community asking about ways to improve community health. The results of this survey should be shared back to the community in an understandable way, and input from community members about how to use the data should be used. Sometimes community input may not reflect what the researchers believe to be the best course of action but taking away the autonomy of the community to act (or not sharing the data in general) is a practice that should be avoided. [Chicago Beyond](#) offers a guide for community organizers, researchers, and funders to conduct high quality research and to approach their work by first asking “how is this going to benefit the people being researched?”

We can use frameworks to help guide people working with data to improve data equity at all steps in the data cycle. One example is a [seven-step framework from We All Count](#) identifying key decision points and contains tools to guide the people involved in data. Regardless of the framework used, we should all be careful when working with data to ensure that we are doing everything possible to be equitable at all steps of the process.

Post Highlight



□ December is National Impaired Driving Prevention Month □
The end of the year is a busy time for many, with more drivers on the road than usual. If you've been drinking, don't drive. Call a sober friend ☺, ride share □, or call a taxi □ to get you home safely. Buzzed Driving Is Drunk Driving. #DriveSoberOrGetPulledOver

Find more NHTSA social media resources [here](#).

Resources

Implementing Community-Level Policies to Prevent Alcohol Misuse

Alcohol misuse is focused on binge and heavy drinking patterns within a community or at the population level. [This guide](#) will serve as a compendium of key policies for the prevention of alcohol misuse that have been identified as evidence-based by robust scientific literature.

National Guidelines for Child and Youth Behavioral Health Crisis Care

The U.S. Department of Health and Human Services released a [new guideline](#) through SAMHSA to address improving crisis services for youth. The guideline offers best practices, implementation strategies, and practical guidance for design and development of services that meet the needs of children, youth, and families experiencing a behavioral health crisis.

Fentanyl Facts for Parents and Caregivers

The new DEA resource, [What Every Parent and Caregiver Needs to Know About Fake Pills](#), informs parents so that they can recognize fentanyl in disguise. The fact sheet presents facts including the dangers associated with fentanyl, the harmful effects of the substance to mental and physical health, and how children are getting this drug. It also provides tips for parents and caregivers about talking with their children about the dangers of fentanyl.

Screen4Success

SAMHSA's *Talk. They Hear You.* campaign now has a screening tool. The tool can be designed to help parents and caregivers better understand the health, wellness, and wellbeing of their children and find resources to address their needs.

Screen4Success is available in the *Talk. They Hear You. app*, available in the App Store, Google Play, and Microsoft Store.

Online Training Opportunities

The Social Determinants of Health and Environmental Strategies Part 1: Understanding and Addressing the Social Determinants of Health in Prevention

December 6th, 12PM-1:30PM

Maternal Health and Substance Use: Uncovering the Stigma and Shame of Mothers Struggling with Substance Use

December 7, 12PM-1:30PM

The How: A Proven and Practical Model to Guide the Development of Local Alcohol Policies

December 8th, 3PM-5PM

The Social Determinants of Health and Environmental Strategies Part 2: Incorporating Environmental Strategies into Prevention: Expanding Our Reach and Addressing Health Disparities

December 8th, 12PM-1:30PM

Race-Based Stress and Psychosis

December 13th, 10AM

Introducing: "Kratom: An Emerging Youth Concern?"

December 14th, 12PM-1PM

Supersized Alcopops: What Can Localities Do About Alcohol Products That are Dangerous and Attractive to Youth?

December 14th, 12PM-1:30PM

Nothing About Us Without Us: Best Practices for Community-led Prevention

January 10th, 10AM-11:30AM

Leveraging Systems Change in Substance Misuse Prevention

January 10, 17, 24, 31, and February 4 & 14, 2:30PM-4PM

Next Alliance Meeting

Virtual

January 17th, 10:30AM - 12PM

About the Alliance For Substance Misuse Prevention

Mission:

To Improve the lives of Children, youth, and adults by mobilizing communities to prevent and treat alcohol, tobacco, and other drug misuse in Eau Claire County.

Vision:

A community culture free from the misuse of alcohol, tobacco, and other drugs.

Who is the Alliance?



The Alliance for Substance Abuse Prevention (Alliance) is an Eau Claire County community-based coalition



What We Do:

- Brings community volunteers and partner organizations together
- Helps coordinate and support county-wide efforts to prevent substance misuse
- Works toward our common goal of substance misuse prevention and treatment in the Community



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